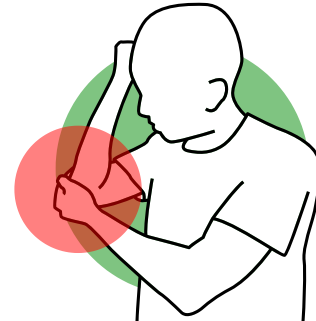


Managing Elbow Pain

Common Causes:

- Repetitive wrist movements
- Traumatic injuries causing fractures
- Traumatic injuries causing ligament tears and instability



Physiotherapy Advice:

- X-Ray and Ultrasound to confirm traumatic injuries - may need referral to orthopaedic surgeon and physiotherapy for rehab
- Provide splint to minimise wrist movement where possible
- Engage in rehabilitation exercises if trauma has been ruled out
- Ice for 20 minutes every 4 hours
- Simple anti-inflammatories or pain relief as needed

Exercises:



Elbow Rotations
Perform 20 times, twice daily



Wrist Extensor Stretch
Hold for 30 seconds, 5 times daily



Wrist Flexor Table Stretch
Hold 30 seconds, 5 times daily



Gripping
Hold 10 seconds, 10 times daily

Contact ALHACARE for a personalised assessment and treatment.



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